

## Immunizations Schedules/ Recommendations

### Adolescent

If you are 11-19 year of age, you may need one or more of the following immunizations. Talk to your health care provider about what immunizations you may need.

### Measles

Measles is especially contagious and can spread quickly in places like schools. Although most children receive the first dose of measles before entering school, it is Utah law that all children kindergarten through grade 12 have two doses of measles. It is most commonly given as the MMR shot which protects against measles, mumps, and rubella.

## Tetanus and diphtheria booster (Td) or Tdap

A booster dose of tetanus and diphtheria (Td) is recommended for adolescents at 11-12 years of age and every 10 years thereafter. The tetanus, diphtheria, pertussis (Tdap) vaccine may be given in place of the tetanus booster.

### Hepatitis B

In the United States, most cases of hepatitis B occur in teens and young adults. Hepatitis B can cause serious liver damage and death. This disease can be prevented with 2 or 3 doses (depending on brand) of vaccine, given over 4-6 months.

#### Hepatitis A

Many teens also need protection from hepatitis A disease. It is recommended that teens and young adults, especially high risk individuals, are vaccinated against hepatitis A.

### Varicella (chickenpox)

If you have never had chickenpox or have not been vaccinated, you should be vaccinated now. Chickenpox is more dangerous when contracted as a teen or an adult and can cause serious complications. Children 12 years and under need one dose. Persons 13 years and older need two doses.

The following two immunizations may be recommended for those teens who have chronic health conditions. Check with your health care provider.

# <u>Influenza</u>

Do you have a chronic health problem, such as asthma or diabetes mellitus? If you do, you may need a yearly influenza (flu) shot. Flu shots are recommended every fall for many people with chronic diseases, and for those who want to avoid getting the flu.

## Pneumococcal Polysaccharide Disease

Pneumococcal Conjugate Disease

If you have a chronic health condition, check with your health care provider to see if you should receive a pneumonia shot.

## Meningococcal Disease

Meningococcal disease causes such illnesses as meningitis, blood infection and pneumonia. The meningococcal conjugated vaccine is recommended for adolescents before high school entry (~15 years old) and for college freshmen.